



990 Pelham Parkway South ~ Bronx, NY 10461
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Cardio Kickboxing Instructor

The Cardio Kickboxing instructor will join Bronx House as a Group Fitness Instructor within the Fitness & Wellness department. Cardio Kickboxing combines the fierce attitude of kickboxing with the fun conditioning of cardio exercise. Jab, hook, uppercut and kick to the rhythm of the music for a hard-fought full-body workout. Must be certified by an accredited institution. Must be able to convey the exercises and regressions to a group of individuals with varying levels of fitness. Must be enthusiastic, with a passion for fitness and helping others live fit and healthy lives.

DUTIES/RESPONSIBILITIES

- Assist in ensuring the highest value of fitness instruction and programming is provided to Bronx House members and its participants.
- Teach weekday classes two days a week

QUALIFICATIONS

- Active Group Fitness Certification (ex AFAA, ZIN)
- Must be able to convey the exercises and regressions to a group of individuals with varying fitness levels
- Must be enthusiastic, with a passion for fitness and helping others live fit and healthy lives
- Must possess a strong commitment to collaboration and effective teamwork within the organization
- 1 year teaching experience preferred
- 1 year customer service preferred

Salary \$35/hr

Qualified candidates, please e-mail a resume jonathan@bronxhouse.org

Disclaimer

The above statements are intended to describe the general nature and level of work being performed by people assigned to this classification. They are not to be construed as an exhaustive list of all responsibilities, duties, and skills required of personnel so classified. All personnel may be required to perform duties outside of their normal responsibilities from time to time, as needed.